

Taking Herbal Tablets

A Quick Start Guide



Congratulations on your choice to incorporate herbal tablets into your daily routine. Our carefully crafted, whole herb formulas can offer incredible support, but if taking herbal tablets is new to you, getting started can feel a bit intimidating. We hope to address your questions here, and if you want a more in-depth resource, please see our comprehensive guide, [How to Take Your Herbal Tablets](#).

The Bottom Line

Before we dive in, let us make one point abundantly clear:

*The most important thing when taking ANY herbs for ANY reason is **to actually take them!***

All too often, herbal tablets end up sitting on a shelf, forgotten. Banyan's herbs are generally safe and benign, and there is virtually no wrong way to take them. If you ever find yourself feeling overwhelmed, please come back to this one simple directive: *JUST TAKE YOUR HERBS... whenever and however works best for you!* Your herbal tablets can only help you if you take them consistently, so please make doing so your first priority.

Embrace Your Relationship with Your Herbs

Taking herbs is a fundamentally different process than taking pharmaceuticals because our bodies are developing a synergistic relationship with the intelligence and life-force energy of the plants in each tablet. As we ingest them, the digestive process delivers the subtle characteristics of the herbs to our tissues, where they serve to activate our own bodily intelligence. What's more, this relationship tends to deepen over time.

The results can therefore be immediate and quite dramatic, or they can be far more subtle and cumulative. It depends entirely on the rapport that develops between your body and the herbs in your formula(s). Simply being conscious of this dynamic has the potential to amplify the benefits your herbs are able to deliver.

Take Only One Formula per Condition

We strongly recommend against taking two or more different herbal tablets for the same condition. If you intend to take more than one formula, each of them should have a distinct purpose. Know what each one is for, and establish a way to track your progress with each condition independently.



Maximizing the Benefits

For each herbal tablet that you plan to take, we recommend that you:

- 1. Set an Intention.** Clarify why you are taking this formula and how you hope it will help you. Do your best to articulate the specific changes you hope to see. For example, one might take [Triphala tablets](#) with the intention of having a bowel movement every morning upon waking.
- 2. Establish a Reference Point.** Make note of where you are starting your journey—ideally, in a way that directly relates to your intention. For the above intention, one might note having about five bowel movements per week, only around one upon waking.
- 3. Make a Plan.** Decide how many tablets you'll take and when. If a practitioner prescribed an herbal protocol, follow their instructions. If not, review the suggested use information for your herbal tablets. Start with less and increase gradually over the first three weeks or so. If you forget to take your herbal tablets at the designated time, just take them as soon as you remember.
- 4. Design an Accountability System.** Establish a way to maintain your new habits. Enlist the support of an accountability partner, set reminders on your phone or calendar, use the [Daily Routine Check In](#), or create any system that will work for you.
- 5. Track Your Progress.** Quantify and document your experience over time. Consider keeping a journal, using an app, or creating a rating scale to regularly record how you're progressing toward your intention. Tracking your progress is the best way to assess whether an herbal tablet is actually serving you.

When to Expect Results

Each of us is unique, so there is no universally applicable results timeline. Many people report subtle shifts within a few days of taking a new herbal tablet consistently. More obvious results can take four to six weeks to manifest fully. Along the way, your self-awareness may improve, allowing you to notice more subtle shifts in your well-being.

Remember, the benefits of any herbal regimen are cumulative. They tend to increase in depth and intensity as you deepen into a relationship with your herbs. Generally speaking, the more chronic or serious an imbalance, the longer you should allow before expecting to see tangible improvements.

Settling in for the Long Term

We encourage you to fine-tune your routine with your herbs. Experiment with taking different amounts at different times, more or less frequently. If you're not seeing as much progress as you would like, try add a tablet to each serving, or take an additional serving each day. Banyan's ninety-day guarantee is intended to support you in exploring whether a particular product is a good fit for you. Sometimes, a certain formula simply won't have the desired synergy with your body, in which case, it is often appropriate to try something else. Feel free to call our customer service team and ask them to help you find a better match for your system.

When to Stop

In general, we recommend that you take your herbs for as long as they are benefitting you. For some formulas, like [Triphala tablets](#), it is not uncommon for people to take them daily for years—or even for life. For others, three to six months at a time may feel more appropriate, whereas especially chronic conditions may require a significantly longer timeframe. It all depends on your intention, and on what feels best to you.

Essential Takeaways

At the end of the day, there are two key takeaways that we'd like to reiterate. First, just take your herbs—whenever, however you can (or as soon as you realize you forgot). Second, follow your own inner guidance, and listen to your body because you know you best. If you have room for one final invitation, embrace the herbal allies you are befriending in your herbal tablets. Visualize the support you want from them and cultivate gratitude for the gifts that they are offering you.

We truly hope that your herbal tablets benefit you, and we are here to support you if further questions arise.

